

Name: \_\_\_\_\_



| Requirements   | Passed |
|--|--------|
| 1. Clean and adjust a bicycle. Prepare it for inspection using a prescribed bicycle safety checklist. Ensure that it meets local legal requirements.   |        |
| 2. Show your bicycle to the examiner for inspection. Point out the adjustments or repairs you have made. Do the following:<br>a) Point out all points that need oiling regularly.<br>b) Show the points that should be checked regularly to make sure the bicycle is safe to ride.<br>c) Show how to adjust chain tension, brakes, seat level and height of the handlebars and the derailleur gear (if fitted).<br>d) Show your ability to replace spokes and straighten a wheel rim.<br>e) Show your ability to clean and replace all bearings. |        |
| 3. Mend a puncture or replace a tubeless tyre.   |        |
| 4. Show a good knowledge of traffic rules, traffic signals and road signs, in discussion with the examiner and demonstrate that you know the bicycle safety code. Demonstrate the correct hand signals.<br><br><b>OR</b><br>Show a good knowledge of off-road biking rules, in discussion with the examiner the demonstrate your knowledge of Mountain Bike etiquette.   |        |
| 5. Demonstrate proper mounting, pedalling, and braking (including emergency stops).  |        |
| 6. For a road bike plot on a road map a 100 km cycle trip which does not involve main roads. Using your map, complete the ride in 5 hours with at least two other cyclists.<br><br>For an off-road bike plot an 80 km cycle trip on recognised off road bike trails. Using your map, complete the ride in 5 hours with at least two other cyclists.<br><br><b>OR</b><br><br>Produce evidence that you have participated in at least three cycle races/meetings where the shortest distance ridden is not less than 25 km.                        |        |

2009

Badge Awarded

